

DINNERLY



Caramelised Brussels Sprout Pizzas with Pistachios and Parmesan



30 minutes



2 Servings

Put a gourmet spin on pizza night with a mouth-watering combo of caramelised brussels sprouts, parmesan and pistachios. For a final flourish, twirl pretty zucchini ribbons on top.

- 1 onion
- 250g brussels sprouts
- 20g pistachios ¹⁵
- 1 zucchini
- 50g parmesan ⁷
- 4 pita breads ^{1,6}

WHAT YOU NEED

- 1½ tbs olive oil
- 1½ tbs red or white wine vinegar ¹⁷
- 2 tsp sugar
- 2 tbs tomato paste

- large oven tray
- baking paper
- vegetable peeler
- fine grater
- medium deep frypan

ALLERGENS

Gluten (1), Soy (6), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Energy 610kcal, Fat 27.1g, Carbs 62.2g,
Proteins 24.3g



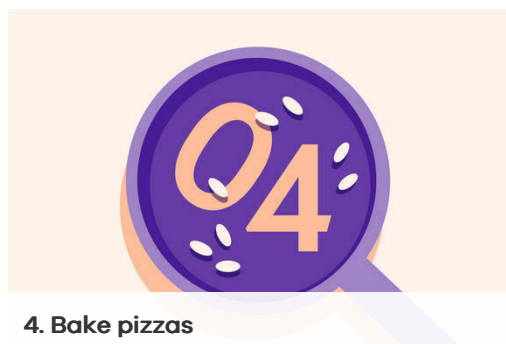
Preheat the oven to 220C. Line a large oven tray with baking paper. Thinly slice the **onion**. Trim the **brussels sprouts** and remove any dark outer leaves, then thinly slice. Coarsely chop the **pistachios**. Peel the **zucchini** into ribbons with a vegetable peeler. Finely grate the **parmesan**.



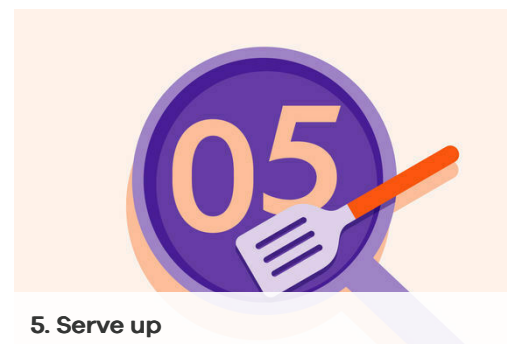
Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion** and **brussels sprouts**, stirring occasionally, for 5 mins or until softened. Add **1 tbs red wine vinegar** and **2 tsp sugar** and cook, stirring, for 1-2 mins until caramelised. Remove the pan from the heat.



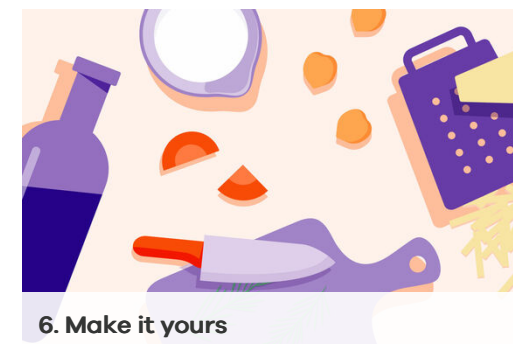
Put **2 pitas*** on the lined tray. Spread with **2 tbs tomato paste** and top with the **brussels sprout mixture** (see Make it yours). Scatter over the **pistachios** and **parmesan**.






Bake the pizzas for 10 mins or until the topping is browned and the bases are crisp. Meanwhile, combine **2 tsp olive oil** and **2 tsp red wine vinegar** in a large bowl and season with **salt and pepper**. Add the **zucchini** and toss to coat.



Top the pizzas with the **zucchini**. Cut the **pizzas** into wedges, divide among plates and enjoy!



If you don't like the idea of raw zucchini, toss the zucchini ribbons in a little olive oil and arrange on top of the pizzas before baking.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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